

# Pre-Marinated Chicken & Corn Rice Bowl

with Slaw & Chipotle Aioli

KID FRIENDLY

Grab your meal kit with this number

13



Garlic



Basmati Rice



Chicken-Style Stock Powder



Sweetcorn



Herby Marinated Chicken Thigh



Mild Chipotle Sauce



Garlic Aioli



Shredded Cabbage Mix



Baby Leaves



Herby Marinated Chicken Thigh



Halloumi/Grill Cheese

Prep in: 15-25 mins  
Ready in: 20-30 mins

Protein Rich

Eat Me Early

**Herby Marinated Chicken Thigh** - big flavour, zero fuss! Our pre-marinated chicken delivers the classic roast chicken taste we all know and love, minus the lengthy prep. We're talking juicy, tender chicken, brimming with delicious herby flavour - no seasoning or marinating required. Simply cook and enjoy!

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
sweetcorn	1 medium tin	1 large tin
herby marinated chicken thigh	320g	640g
mild chipotle sauce	1 large packet	2 large packets
garlic aioli	1 medium packet	1 large packet
<b>honey*</b>	½ tbsp	1 tbsp
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
baby leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3000kJ (716Cal)	494kJ (118Cal)
Protein (g)	42.7g	7g
Fat, total (g)	131g	21.6g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	81.2g	13.4g
- sugars (g)	15.2g	2.5g
Sodium (mg)	1340mg	221mg
Dietary Fibre (g)	2.7g	0.4g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW34



1



## Make the garlic rice

- Finely chop **garlic**.
- Heat a medium saucepan with a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and **chicken-style stock powder**, stir and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

3



## Cook the chicken

- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, then add the **honey**, tossing **chicken** to coat.
- In a second medium bowl, combine **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead by tossing the slaw!

CUSTOM  
OPTIONS

**+** HERBY MARINATED CHICKEN THIGH:  
Follow method above.

**+** HALLOUMI/GRILL CHEESE:  
Cut into bite-sized chunks. Cook, tossing occasionally, until golden brown, 1-2 minutes.

2



## Get prepped

- While the rice is cooking, drain **sweetcorn**. Cut **herby marinated chicken thigh** into 2cm chunks.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- In a medium bowl, combine **chicken**, remaining **garlic** and a drizzle of **olive oil**.
- In a small bowl, combine **mild chipotle sauce** and **garlic aioli**. Season to taste with **salt** and **pepper**.

4



## Finish & serve

- To the rice, add **baby leaves** and charred corn, then stir to combine.
- Divide garlic-corn rice between bowls. Top with chicken and slaw.
- Dollop over chipotle aioli to serve. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the chipotle aioli!

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

